

RETREAT TO GREECE



STAY GREEN



COMBAT LIFE SAVER

Guardian

Volume 12, Issue 11 Produced for Personnel of KFOR Multinational Brigade (East) July 13, 2005



CELEBRATING THE
4th of July

HALF MARATHON



REED BROTHERS



REST & RELAX



**You already get
dogged out enough
by your sergeants.**



**Don't become
dead dog sick,
by your
new friend.**

**Always
remember
to wash
your hands
after petting
stray animals.**



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PHOTO BY SPC. ALICIA DILL



PHOTO BY STAFF SGT. R. DAVID KYLE

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COVER PHOTO BY SPC. LYNETTE HOKE

Lt. Col. Lisa Costanza, Chief of Personnel, G-1 section and members from the Joint Visitors Bureau compete in the tug-of-war contest on the Fourth of July at Camp Bondsteel.

Leaders Notes

By Lt. Col. Peter Szczepanski

When people ask me what is the most important thing about service in Kosovo, I tell them "sergeants." Although I have been a Soldier since 1981 I am not too proud to admit this deployment has re-taught me an old lesson: we cannot be successful here without rock-solid Noncommissioned Officer (NCO) leadership. I believe in sergeant's business, that 90 percent of what we do in the Army is squarely within the purview of the NCO. This is so, because the things that count for our Soldiers - food, supplies, mastery of their own jobs and cohesive, well-trained crews and squads - are not accomplished by the officers. The commanders and staff decide where and when we will accomplish our missions and the functions that go into executing them, but the work is done by Soldiers as crews, sections or squads commanded by the NCOs who trained them.

To state the obvious: almost all of our missions here are squad-sized patrols or fire team-size observation posts under the command of an NCO, not an officer. I, our battalion staff, the company commanders and lieutenants decide when and where to patrol, what things we need to know and what messages we need sent to the people of Kosovo and our competitors. It is sergeants who ensure maintenance is done on the equipment and vehicles; sergeants who brief the Soldier on which SIR and SOR to look for; sergeants who PCI to ensure the troops know what to look for and the equipment is ready; sergeants who lead almost all of our patrols, keeping our Peacemakers focused, recording the information we gather; sergeants who debrief the patrol to capture that information for our planners; and finally, it is sergeants who enforce PMCS, physical training and rest cycles to ensure the squad is ready for the next mission.

To go beyond the obvious, it is sergeants business to build and maintain the individual skills, professionalism and focus which provide us the leverage needed to succeed in this complex peace enforcement mission. There are few of us and many residents of Kosovo. We are effective here because we are respected; we are respected because our Soldiers are trained and focused. Officers decide what tasks the unit will train. It is sergeants who counsel Soldiers; solve problems with pay and promotions; counsel, motivate and retrain to improve personnel performance; drill individual skills and cross-train their teams; help get families the support they need to keep the Soldier's mind on the mission; get gear fixed, and inspect then inspect again to ensure the Soldiers and equipment, and accordingly the unit, are ready. Readiness shows and it does not happen by accident. Noncommissioned officers make it happen.

Should any enemies of Kosovo's peace or America's freedom be so unfortunate as to meet the sharp end of Task Force Sidewinder - it is sergeant's business that would win that fight too. Officers decide which hill to take, when and where violence could be needed - which could be any day here in Kosovo. The NCO's lead PMCS so the iron runs. Sergeants spend hours training so our Bradley crews can put steel on target. They are the ones who have mentored, counseled, led and loved their Soldiers so that when the ramp drops and those Soldiers- their brothers in arms - pour out to force the Republic's enemies to surrender or die - to put it to the bayonet - they have the steel in their souls to do it.

If all goes well and we do our mission here with the precision, professionalism and objectivity required, we should not need to see that part of NCO leadership on display. No-one has more influence on the performance of Soldiers and the success of our mission than the first-line leader. I have been profoundly impressed by the leadership and dedication of those sergeants in this deployment and challenge you to keep it up and make this mission a success. ★



Lt. Col. Peter Szczepanski, (right) commander of Task Force Sidewinder, discusses the positioning of a Bradley Fighting Vehicle with Sgt. Spencer Davenport, C Company, 1-160th Infantry.

Guardian

Produced for Personnel of KFOR Multinational Brigade (East)

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1ST SGT. WILLIE JONES

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SGT. 1ST CLASS JOHN MAKAMSON

EDITOR/LAYOUT EDITOR
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OPERATIONS NCOIC
SGT. 1ST CLASS BOBBY GRISHBY

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Quicktime

Summer camp donates slots to military children

Camp Island Lake, a summer camp for kids in Starrucca, Penn., is giving away 30 free spaces this summer to children of military personnel who have served overseas since Sept. 11, 2001. The program has been dubbed "Operation Thank You." The free slots will be offered during the camp's third session, which runs from Aug. 3 to Aug. 16 and normally costs \$2,100 per child.

"We are doing this as a way of saying thank you to those who risk their lives in defense of our country and our way of life," said camp director Matt Stoltz. "These people and their families have been asked to make inordinate sacrifices as a result of the terrorist attacks on our nation, and we feel it is our obligation to thank them."

Stoltz said he hopes the camp gives the military children a carefree couple of weeks so they can forget about the perils that their parents face in fighting the war on terrorism.

The camp is located in the Pocono Mountains in northeastern Pennsylvania. It sits on 550 acres of property that includes two large lakes where waterskiing and other boating activities are readily



Camp Island Lake, a summer camp for kids, in Starrucca, Penn., is giving away 30 free spaces this summer to children of military personnel who have served overseas since Sept. 11, 2001. The camp is located in the Pocono Mountains in northeastern Pennsylvania.

available.

Stoltz refers to Island Lake as a non-traditional camp where the children choose all of their own activities. Campers have six one-hour activity periods per day, which gives them an opportunity to experience a large variety of activities, Stoltz said.

For instance, campers can play sports, perform in a circus, or take part in theater,

music or dance productions. The kids can also ride horses or skateboard in the camp's own skate park.

The camp's equestrian center has 24 horses and an outdoor riding ring. There are also numerous riding trails throughout the grounds.

The 20,400-square-foot athletic center includes ballfields, volleyball courts, an archery center, a hockey rink, a mountain-biking center, a batting cage, basketball courts, a gymnastics center, an Olympic-size swimming pool, and an 18-hole disc golf course.

The camp even offers tutoring in a variety of subjects at no cost, and older kids can take a Stanley Kaplan SAT study course, Stoltz said.

The Stoltz family wants servicemembers to realize that many Americans across the country appreciate what they are doing, he said.

"We want military folks to know that our thoughts are with them and that their sacrifices have not gone unnoticed," Stoltz said.

For more information you can visit www.islandlake.com or call (570) 798-2550. ★

Army divorces continue to rise among Soldiers

An increase of divorces among active-duty Soldiers has Army chaplains undertaking a number of programs to combat the rising trend and help Soldiers cope.

There has been a doubling of total Army divorces from the 2000 fiscal year to the 2004 fiscal year, an increase of nearly 5,000 divorces over this period. A year before September 11th, total active-duty Army divorces were at 5,658 among 255,353 marriages. Divorces rose a year later to 7,049 from 248,180 marriages, according to statistics compiled by the Defense Manpower Data Center.

"These statistics are a sign of a loss of a dream. People don't get married to divorce," said Army Chaplain (Col.) Glen Bloomstrom, director of the Min-

istry Initiatives Directorate for the Office of the Chief of Chaplains.

Several programs now help Soldiers cope with life and parenting after divorce.

Army One Source, is a toll-free nationwide number, as well as a Web site, that allows Soldiers to contact a consultant regarding life's issues. Through this service, Soldiers and their families have access of up to six in-person counseling sessions at no cost to them.

Although deployment is an indicator of the stress on the force, Bloomstrom sees that many couples do not have the skills needed to make their marriage work. "Anytime there is a lot of stress, there is a higher opportunity for people to stray," said Scheider.

Army chaplains are educating Soldiers and their families with coping skills and the tools needed to make a marriage successful. Chaplains have established several programs and services in the Army that are designed to help couples manage stresses associated with the military lifestyle. Bloomstrom said all of the programs focus on three primary areas: awareness, attitudes, and skills.

Chaplains and chaplain assistants are also available to assist Soldiers wanting to talk.

"We recruit a Soldier, and retain a family," he said. "We need to listen to the other part of the fighting force which is the family that stays home and supports the Soldiers." ★

What makes the Army: Soldiers

Band of Brothers, bad brothers, blues brothers, brothers in arms, blood brothers, good brothers, brotherhood...

Webster defines "brother" as "one who shares a common ancestry, allegiance, character, or purpose with another or others." Whether you are related by blood or by hardships, the events that lead up to the brotherhood bonding can last a lifetime.



(left to right) Sgt. 1st Class Adam Reed and brother, Sgt. Nathan Reed both with the 321st Psychological Operations Team, Camp Bondsteel, run together for physical fitness training.

Two biological brothers from Willoughby, Ohio, put brotherly love to the test during the 6B rotation in Kosovo. Sgt. 1st Class Adam Reed, Noncommissioned Officer in Charge, 321st Tactical Psychological Operations (PSYOPS) Detachment, at Camp Bondsteel, joined the U.S. Army Reserve in January 1995. Sgt. Nathan Reed, PSYOPS Product Development Detachment Noncommissioned Officer in Charge, 321st PSYOPS Detachment, Camp Bondsteel joined his brother's unit in Ohio, four years later, January 1999.

"I joined the Army because it was the only branch that would guarantee my job if I passed the tests," said Adam.

"I checked out all of the services and chose the Army Reserve because it had what I was looking for versus any other branch of service," said Nathan. "We both volunteered for this deployment, although I didn't know my brother was going when I decided to volunteer," he said.

Distance, deployments and family in the military are not anything new to the Reed brothers.

"Our older brother is a captain in the U.S. Marine Corps and he has been deployed, Nathan has been to Iraq and I was deployed to Kosovo when I was still quite young," said Adam. "Our family is used to deployments. They are proud of us and they trust in the training we have received to keep us safe, no matter where we are deployed."

Adam was deployed in Kosovo before, from 1999-2000. Nathan was deployed to Iraq two years ago, doing a similar job in PSYOPS.

"There were positive and negative things about my experience in Iraq," said Nathan. "When I was in Iraq I was on a Tactical Psychological Operations team. I enjoyed that job because it gave me a chance to get out and interact with the people, and to learn a lot about the language and culture of the area."

Daily duties keep both brothers very busy in Kosovo. "My tasks here consists of mostly paperwork, meetings, analysis of current events and planning," said Adam.

"I do a lot of work on computers here, developing and laying out magazines, pamphlets, billboards and other print media," said Nathan. "I also occasionally do work on radio and television spots. Every once in a while, I get the chance to go out and do live radio shows as well."

Both brothers are positive about their jobs. The skills and career development gained from prior deployments have helped both with their current duties with Kosovo Forces.

"The job that I am doing here in Kosovo is different from my previous deployment," said Nathan. "Here I am working in the product development section of our company. Although I am stuck behind a desk most of the time, I enjoy my job. I've had the chance to learn a lot of different computer programs and how to design everything from

magazines to television spots.

"Fortunately, I get the chance to go out once in a while and get a better feel for what is going on outside of Camp Bondsteel," he said.

"My previous deployment here was a good time," said Adam. "I worked in the Product Development Center (like my brother does here now) in Skopje, Macedonia. I got to see all of the major cities in Kosovo when we delivered our monthly magazine. Things have changed in Kosovo since then, mostly for the better."

Being deployed with a family member has been a positive experience for both brothers.

"I think even though we might get on each other's nerves sometimes, the positive things about being deployed with my brother far outweigh any negatives," said Nathan. "I can always count on my brother whether I need help with something, or I just want to hang out."

"I always have someone who I can trust absolutely and completely to talk to and confide in, and not over the phone," said Adam. "I don't think many of us here have that."

Living the Army values and striving to be a professional Soldier are the focus for both brothers. Every day they hold themselves and each other accountable to become better Soldiers.

"I have always felt honored to serve our great nation," said Adam. "I believe Soldiers should always strive to live up to all the values."

Brothers continued on page 23

Following Paul; a spiritual journey

Story and photos by Staff Sgt. R. David Kyle



That night Paul had a vision. He saw a man from Macedonia in northern Greece, pleading with him, "Come over here and help us." So we decided to leave for Macedonia at once, for we could only conclude that God was calling us to preach the Good News there. We boarded a boat at Troas and sailed straight across to the island of Samothrace, and the next day we landed at Neapolis. From there we reached Philippi, a major city of the district of Macedonia and a Roman colony; we stayed there several days. Acts 16:9-12 (New Living Translation)

The Apostle Paul, as mentioned in this New Testament passage, left for Greece after receiving a vision from God to preach the Good News of Jesus Christ to the people there. Nearly 2,000 years ago, Paul traveled through Greece preaching the Word of God and establishing churches. Today, the Soldiers of KFOR 6B can visit some of those places by taking part in a spiritual retreat.

"The purpose of the spiritual retreat is to allow Soldiers to walk part of the faith journey of St. Paul as he spread the Word of God to the people of Hellas, what we call Greece," said Chaplain (Lt. Col.) Lawrence Hendel, staff chaplain for Task Force Falcon. "Its purpose is to foster faith growth in each Soldier,

or allow him or her the opportunity to examine his or her faith and maybe reflect on it more deeply."

"The Spiritual Retreat is designed to create an environment where a person's faith is enriched through the 'hand's-on' approach to seeing Biblical history come alive at archeological sites such as Philippi, Amphipolis and Neopolis (present day Kavala, cited in Acts 16)," said Chaplain (Capt.) Christopher Guadiz, Task Force Tornado Chaplain. "The retreat not only gives the participants a much needed break from their duties, it gives them an opportunity to build their relationship with God through an interactive tour of Northern Greece (Biblical Macedonia)."



The retreat to Greece is filled with beauty, culture, and a spiritual journey. The itinerary includes places like the ancient ruins of Philippi, museums filled with centuries old artifacts, and beautiful sunrises over the Aegean Sea. (top) Master Sgt. Richard C. Gurbisz, a platoon sergeant with Company A, 578th Engineers inspects ancient pottery at the Archaeological Museum of Amphipolis. (middle) Sgt. Abraham Hagos, Treatment NCO with HHC 1-160th Infantry, is baptized at traditional site of Lydia's baptism by the Apostle Paul.

Guadiz, the officer-in-charge of the program, went on to explain that although this is a religious retreat, having a pre-existing relationship with God is not a requirement.

"We would hope that the journey to Greece would be a starting point, or an

enrichment point for the participant's faith journey," he said.

There are some requirements the Soldier must satisfy before jumping on the bus. They must attend the eight sessions and view the "Odyssey of Paul" video series by arrangement with a chaplain or chaplain assistant. After attending the sessions, a request to attend form must be filled out with the respective supervisor and commander's signatures. A DA Form 31 is required and must accompany the Commander's Authorization form when a date to participate is approved.

The cost for the trip is 155 Euros and must be paid no later than 10 days before the retreat. The 155 Euros covers the cost of the hotel, three continental breakfasts, and entrance fees to several sites and a dinner at the hotel.

"The Soldier must take sufficient funds to purchase additional meals, souvenirs, or personal expenses," said Hendl.

Participants can expect to visit places like Neopolis where Paul first landed from the sea, visit the ruins of Philippi where he awakened the spark of faith in new Christians and believers, the ruins of Amphipolis and the town of Asprovalte.

"There are also opportunities for sampling Greek cuisine at the numerous restaurants and cafes," said Guadiz. "Also the chance to enjoy the ubiquitous 'gyro,' a meat-stuffed pita bread sandwich found at small stands throughout Greece."

The spiritual retreat to Greece is different than the Fighter Management Pass Program (FMPP) trip to Bulgaria because it is a group oriented tour that does not allow the Soldier to set his own itinerary.

"It is specifically designed to allow the participants to experience the Biblical history first hand," said Guadiz. "The group devotions and archeological sites are all designed to bring to light spiritual truths through a hands-on approach to learning about the Bible."

Soldiers that have taken part in the retreat recommend it for a variety of reasons.

"It was great just knowing that you are coming as close as you can to the actual Bible story by being there yourself," said Sgt. Maj. Angel Rocha, the operations sergeant major with Task Force Sidewinder.

"All the time you read about it, but actually being there was great. Walking the same places as Paul did is like being a part of it."

"It was excellent and I had a wonderful time," said Sgt. Abraham Hagos, Treatment Noncommissioned Officer with HHC, 1-160th Infantry. "The trip will open your eyes and heart to see that the Bible is not just a story, it is real."

The Soldier's attitude and openness to engage in a spiritual journey by reading the recommended scriptures, listening to the chaplain's devotionals, and personal prayer, are the goals of this spiritual retreat.

"Being a Christian, I always work at keeping my relationship to God close," said Spc. Joseph D. Palomino, a radio operator with Company C, 1-160th Infantry. "Being in the places where the Apostle Paul walked and preached showed me the impact of God using one man going to one country and using it as a stepping stone to change an entire civilization."

Time is running out for Soldiers to participate in the spiritual retreat to Greece. There are a limited number of retreats scheduled between now and December and a limited number of spaces available. Soldiers interested in attending should contact their unit ministry team immediately for further information.

On the Sabbath we went a little way outside the city to a riverbank; where we supposed that some people met for prayer, and we sat down to speak with some women who had come together. One of them was Lydia from Thyatira, a merchant of expensive purple cloth. She was a worshiper of God. As she listened to us, the Lord opened her heart, and she accepted what Paul was saying. She was baptized along with other members of her household, and she asked us to be her guests. Acts 16:13-15 (New Living Translation)

"I would recommend the trip for Soldiers, not only to get away and enjoy the beauty of Greece, but to see the places where Paul walked and to enjoy a Biblical experience," said Spc. David O. Gaines, an infantryman with Company C, 1-160 Infantry. "It was overwhelming and one of the greatest experiences I have ever had in my life."

The Desire to stay Green

Staff Sgt. Richard Ittner (left) and other Noncommissioned Officers recently raised their right hands and pledged to "uphold the defense of the Constitution and the United States," as Brig. Gen. William Wade II administers the oath of re-enlistment during a ceremony held at Camp Bondsteel.



PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON

By Master Sgt. Richard Olson,

It has come to my attention there have been a lot of rumors and misconceptions regarding what is, and what is not, available to Soldiers in the area of retention. I'd like to take this opportunity to clarify the facts for you and to let you know all the options that are available as deployed National Guard and Reserve Soldiers.

BONUSES

As I stated in an earlier article, this is an unprecedented time for re-enlistment bonuses. Those Soldiers that want to re-enlist for three years will receive \$7,500. Soldiers who re-enlist for a six year commitment will receive \$15,000. If you sign your re-enlistment packet while serving in a hazardous duty zone, the bonuses are tax free! These bonuses are available to all National Guard and Reserve forces who are not flagged, have a passing Army Physical Fitness Test (APFT) score within the last six months, and meet height and weight requirements. Furthermore, you must be within one year of Expiration Time of Service (ETS) to re-enlist. Bonuses will be deposited in your accounts approximately one month after your current ETS expires. Your bonus will initially be taxed, just as your current pay is, but you will receive the taxed money approximately 30 days after the deposited bonus.

ATTENTION AGR & TECHNICIANS!

You are also eligible to receive these bonuses. However, there is a federal law in place that currently prevents that from happening (please read Education and Operations message 05-52). This law is more of a technicality, as it deals with funding sources. This law is currently under review, and may be changed soon. You can still reenlist and when the funding is resolved, Soldiers will then receive their bonus.

OPPORTUNITY TO GO ACTIVE ARMY

Deployed Soldiers who are interested in transferring to Active Duty and have 18 years or less total service time, may request to do so within six months of returning home from deployment, up until their reporting to their demobilization site. Soldiers must complete a Request For Conditional Release (DA Form 368), which must be approved by their current commander. Soldiers transitioning from The National Guard or Reserve will hold the same rank they currently possess. Be advised, if you have previously received an incentive bonus, it will be reclaimed. Also there is no deployment recovery period given to those Soldiers that participate in this program. It is possible to return from Kosovo and then report to an active duty unit that is scheduled to deploy soon. Duty assignments will be given prior to completion of contract, so you will have an idea of where you will be headed.

STUDENT LOAN REPAYMENTS

Those Soldiers who re-enlist for a six year enlistment, are qualified to receive up to \$18,000 in student loan repayments. The loans must have been secured prior to signing your re-enlistment. This offer is available concurrently with the \$15,000 re-enlistment bonus previously mentioned. That's up to a total of \$33,000 of benefits available! Again, the student loan repayments are available only to Soldiers who extend for six years. There are no three year options available.



PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON

FUTURE DEPLOYMENTS

Most members of Task Force Falcon 6B will have completed 18 months of Title 10 in 2006. What this means is, you will not be redeployed involuntarily for two years. Soldiers wishing to extend their deployment here at Kosovo, Bosnia, or Iraq may do so by contacting Master Sgt. Richard Olson, Retention Noncommissioned Officer.

RETENTION OFFICE

My name is Master Sgt. Richard Olson, BDE Retention NCO, I am here to assist with your retention questions and advise you of your options. Please feel free to stop by my office, located in Admin Alley on Camp Bondsteel, building #1340, Room # D5N. I am also available by appointment to meet at Camp Monteith. I can be reached by telephone at 781-5002, or e-mail me. Richard. Olson@bondsteel2.areur.army.mil



4th of July

By Spc. Lynette Hoke

While taking pictures of the 4th of July activities on Camp Bondsteel, I heard...



PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON

Brig. Gen. William Wade II, Commander of Multinational Brigade (East) and Phil Goldburg, Chief of Missions, U.S. Office, Pristina, share in the honor of cutting an Independence Day cake during a ceremony held at Camp Bondsteel, July 4th. On July 1st, U.S. KFOR Soldiers also participated in 4th of July celebrations at the U.S. Embassy in Skopje and at the U.S. Office, Pristina.

Happy Birthday," with a local national accent. My birthday isn't for months I thought.

It was the tap on my shoulder, which made me turn to the direction of the voice, as the confusion must have shown on my face.

"Happy birthday to your country," the local national finished, with a large smile.

"Thanks!" I shot back with a grin and walked away. Thinking about our Nation's birthday, it makes me seriously consider what it is that makes me an American.

What is it that makes you an American? The memories you have from visiting the war memorials at Washington D.C.? The hot dogs and beer-soaked brauts that are over stocked and on sale at every grocery store in the states, once a year? Are you an American because you are a service member? The fact that you have freedom of speech, the right to bear arms?

Soldiers took the opportunity to reflect on what makes them an American.

"I was born in America, therefore it is my country," said 2nd Lt. Mark Correa, Deputy Chief, Kosovo Inspectorate of Kosovo Protection Corps, Task Force Fal-

con, Camp Bondsteel. "Documents such as the Declaration of Independence, the Constitution and the Bill of Rights. These documents give structure and guidance for our liberties, and are what sets us apart from others," he said.

"An American is someone who believes in freedom and is willing to fight for it," said Sgt. Robert Bowman, 578th Engineer Battalion, Task Force Sidewinder, Camp Monteith. "An American is a person who is willing to defend those who cannot defend themselves and willingly helps those who need help. Finally, an American is someone who believes in the U.S. Constitution and the principle that all people should be free to express themselves and pursue their dreams," he said.

"Being an American involves the fact that we, as a people, take a personal responsibility for the well-being of our nation and our fellow Americans," said Spc. David Devigne, Explosive Ordnance Detachment, Task Force Falcon, Camp Bondsteel.

"Being American is just having choices that some people don't have. For example, being what you want to be, going where you want to go and doing what you want

to do with your life. Deciding who you want to marry may not be something big here, but some people don't even get that choice," said Spc. Stefan White, Medical Log, Task Force Med.

"Yes, some people do take the life we have for granted and some live their life to the fullest, taking advantage of everything possible for them, so it's all in your mind set of what choices you're going to make," he said.

"I'm an American, because I was born in the greatest country in the world raised on good country morals, Christian values, and the pride to fight for what is right," said Sgt. Jeremiah Trench, 321st Psychological Operations Team, Camp Bondsteel.

While this 4th of July was spent away from family and friends, you did spend time with the largest family you will ever know - the men and women you serve with in the United States military. These Soldiers are defending the freedoms for those back home and providing a safe and secure environment for the people of Kosovo.

So, to all the military members of United States Kosovo Forces, "Happy Birthday."



PHOTO BY SPC. LYNETTE HOKE



PHOTO BY STAFF SGT. R. DAVID KYLE



PHOTO BY SPC. ALICIA DILL



PHOTO BY SGT 1ST. CLASS BOBBY GRISHBY

(Top left) Soldiers participate in tug of war competition. (Bottom left) Team R & B pose for a photograph after winning third place in tug of war competition. (Top right) A Soldier from Camp Monteith plays softball during 4th of July activities. (Bottom right) Gina Notrica band completes the days events at Camp Bondsteel by holding a concert for troops in celebration of Independence Day.



PHOTO BY SPC. ALICIA DILL

(Top left) Staff Sgt. Nicole McBurnett, Task Force Falcon, Headquarters and Headquarters Company, Supply Noncommissioned Officer in Charge gears up for her ride on an all terrain vehicle at Camp Bonsteel. (Bottom right) Two Soldiers complete the ATV course during 4th of July.



PHOTO BY SPC. LYNETTE HOKE



PHOTO BY SPC. LYNETTE HOKE



PHOTO BY SPC. LYNETTE HOKE

(Top right) Three Soldiers from Task Force Falcon pose for a photograph after a mud fight held near the ATV course at Camp Bondsteel. (Bottom right) An ATV rider leans in before taking a curve on the ATV course.

Combat weather forecasters

Story and photo by Staff Sgt. Carla Williams



Staff Sgt. Patricia Ballou reads weather data from tactical weather equipment that aids in remote weather forecasting observations here. Ballou is a weather forecaster with the California Air National Guard's 195th Weather Flight.

Most people, when they want to start a conversation with a stranger or someone they haven't seen for a while, will ask the long standing question: "What do you think of the weather?"

As combat weather forecasters, six Airmen deployed to Multinational Brigade (East) at Camp Bondsteel, take the question one step further: "How will the weather affect operations?"

The combat forecasters, who are deployed from the California Air National Guard's 210th Weather Flight and 195th Weather Flight and Kentucky's ANG 165th Weather Flight, provide weather support as force multipliers to enable MNB (E) to accomplish its mission safely, effectively and in a timely manner. This support is provided to MNB (E), which consists of Ameri-

cans, Polish, Ukrainian and Hellas forces, and to other Kosovo Forces units that conduct joint operations with MNB (E).

"Exploiting the weather for missions is our business. If it were using low-level obscurations to hide servicemembers' movements or clear skies for air reconnaissance missions, we are considered part of the intelligence community and most commanders agree that weath-



deployed to Camp Bondsteel in Kosovo supporting Operation Joint Guardian. She is deployed from

er will make or break an operation,” explained Staff Sgt. Patricia Ballou, Combat Weather Forecaster. “There is only so much environmental influence a warfighter can take before the elements, which cannot be controlled by man, start to affect the overall success of the mission and the safe return of our most valuable asset: the warfighter.”

Capt. Roderick Coronel, who has 21

years of service to his country, leads the Airmen and believes their job is unique to the KFOR mission.

“As Army support, our job requires us to cohabitate with the Army. As a result, we learn how to live and speak Army. We don’t necessarily turn into Soldiers, but we almost do,” he explained.

“Only a few Air Force specialties have this opportunity. It is a rewarding

experience once the Army has accepted you into their group. They are extremely appreciative of how we contribute to their mission once they understand what we can provide them.”

The captain, currently stationed with the 210th Weather Flight at March Air Reserve Base, Calif., likes the children of Kosovo.

“They (the children of Kosovo) are full of innocence and are disciplined. It is in them that the future of Kosovo lays. Help the children and the future can be healthy,” he said. “I highly encourage every Soldier, Sailor, Airman or Marine to visit at least one school if they get a chance.”

Ballou, who is currently stationed with the California Air National Guard’s 195th Weather Flight in Channel Islands, enjoys being in Kosovo.

“I love being in Kosovo. During my time off, I get to visit schools and orphanages on goodwill missions that give me a sense of pride to be a part of this peace-keeping tour,” she explained. “The smile on the children’s faces as we play volleyball with them, or speak simple English phrases, excites them and they extend a warm reception to their American heroes,” said Ballou.

The sergeant, who has five years in the Air National Guard, has already taken away several experiences from Kosovo.

“I already have what I will take away from my tour here – an appreciation of the simplest things in life. I cherish waking up and living in a free society more than ever,” Ballou explained. “I wish all Americans could relish such a simple concept for happiness. The smiles of the people of Kosovo are beautiful because they are so genuinely grateful.”

Finally, Coronel also hopes to take away some experiences from Kosovo.

“I hope to leave Kosovo knowing that we made a difference by contributing to its growth into a peaceful homeland for the people of Kosovo,” he explained. “I also hope MNB (E) will leave a positive impression on the people of Kosovo, an impression that there is a better future and that hard conscientious work (just as KFOR is showing) is needed to achieve this. If not the whole population, I hope this impression stays at least with the children here.”

Combat Life Savers

*Training
to conserve
fighting
strength*



KANSAS



Spc. Todd Klein (left) administers an intravenous injection to fellow Task Force Tornado member Sgt. Christian Mayer (seated) while under the careful supervision of medics

Story by Sgt. 1st Class John Makamson

The Soldier lay on the ground; motionless, collapsed from exhaustion, or is it something more serious?

A classic case of dehydration prevents his body from functioning properly.

He is no longer "in the fight."

At that moment, a fellow troop positions himself beside his fallen comrade. He takes a catheter and inserts the needle into the fallen Soldier's arm starting a life-saving intravenous drip.

Fortunately, the scenario is not life threatening, and the two men are members of Multinational Brigade (East) undergoing recertification for the Combat Life Saver Program held here in Kosovo.



In a demonstration for training Spc. Frank Daniel signals with the international sign of a blocked air passage as Sgt. Daniel Laffery prepares to render aid.

Sgt. Travis Bowser and Sgt. Aaron Goza.

PHOTOS BY SGT. 1ST CLASS JOHN MAKAMSON

The course is taught by medics of Task Force Tornado. Sgt. Aaron Goza from Emporia, Kan., and a member of C Company, 1-635th Armor, based in Lenexa, Kan.; Sgt. Travis Bowser from Holton, Kan., and a member of A Company, 1-635th Armor, based in Emporia,

Kan.; Sgt. Daniel Laffery from Clay Center, Kan., and a member of B Company, 1-635th Armor, based in Junction City, Kan.; and Spc. Frank Daniel from Harlan, Iowa, and a member of A Company, 1-635th Armor, based in Emporia, Kan., all hold the military occupational

specialty of Combat Medic, 91 W and teach the combat life saver course here.

The group has trained about 75 new combat life savers and refreshed 60 others. This more than doubles the number of certified combat life savers within the task force since its arrival in Kosovo.

The course is taught to refresh and improve the knowledge-base the Soldiers have from their initial combat life saver training. Classes include lessons on: how to restore breathing; clearing an airway; how to control bleeding; monitor a casualty's pulse; prevent hypovolemic shock; and administer an intravenous injection.

The goals are to raise the Soldiers' level of confidence and competence with their medical skills and put more medics on the ground.

"These are the skills that will be used to help their fellow Soldiers on the battlefield," said Laffery. "If their fellow Soldiers know combat-life saving techniques, it could mean a world of difference in the final outcome of that wounded Soldier.

"If you look back in history, you will see that the Army has put more and more emphasis on first response medical care. The training given to the individual Soldier is becoming more and more advanced," said Laffery.

The responses from Soldiers receiving the training has been very positive.

"I have enjoyed the medical training," said Spc. Jason Kemp from Manhattan, Kan., a chaplain assistant with Task Force Tornado. "I would have no problem letting the medics work on me. All the medics here are really knowledgeable."

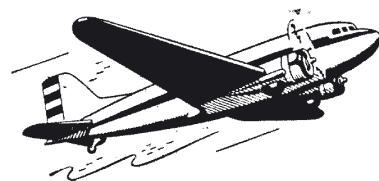
All combat life saver graduates are encouraged to attend a refresher class every year to maintain their certification.

Daniels stated he was concerned with the perishable skills his Soldiers have.

"When a Soldier maintains his combat life saver certification, he strengthens the unit's medical readiness," said Daniels. "As a medic, we see the combat life savers as indispensable assets. They can often stabilize a patient until a medic arrives to take over medical care."

This recertification will help to ensure the Soldiers of Multinational Brigade (East) are combat ready and able to continue the fight.

Ten Things to Know, before you go...



By Spc. Lynette Hoke

During a deployment, every Soldier deserves to take Rest and Relaxation (R&R). However, During this leave, some could get themselves in trouble without even knowing. They could run into unexpected expenses if procedures are not followed correctly. Courtesy of your Task Force G-1/Personnel Office, the following are the top 10 recommendations on what to do and what not to do during the processing of your R&R leave.

Pvt. Snuffy tried to apologize to his squad leader for missing his return flight back to Kosovo from Rest and Relaxation. Photo Illustration by Sgt. Theodore Hopkins, B Company, Task Force Tornado.



Before you leave

10. Check your DA 31 carefully before you sign it. Once you sign it, that is the ticket that will be purchased.

Why? If you change your mind, you will end up paying for your own ticket back home, or to your destination of choice. These short notice changes cost money and are unacceptable.

Is there a limit to how much my ticket can cost?

Currently, round trip tickets to a Soldier's leave destination are limited to the cost of a Government Ticket to the AMC Channel Flight APOD (Baltimore, MD). If a ticket costs more than that amount, then the Soldier must be prepared to

either have an alternate leave location or be willing to pay up front for the cost of the total ticket.

Basically, anything over the allotted amount is what you'll have to fork out. Going to New Zealand or some other exotic place may cost you a bit more than going back to your original homestead.

9. Check your itinerary when it comes back from your S-1. That is the ticket that is purchased. That would be the only time to make changes if it is wrong.

Why? See number 10.

During your leave

8. Check into the Pax Terminal at 7a.m. the day of your flight. This will ensure you are booked on the flight.

Why? What happens if you don't? Is it easy to overlook?

7. When you arrive in Germany, do not bypass the 64th

Replacement Company (64th RC) representatives. You are not on leave yet when you get to Germany. You must follow the representative's directions, these are the people who will sign you out for leave.

Why? Because, say, you are caught violating General Order #1 in Germany... it could be punishable

by the Uniform Military Code of Justice. (Now that is a souvenir you don't want to take back from your R&R)

6. Please enjoy your well-earned Rest and Relaxation

Why? Don't ask why for this one, Pvt. Joker.

After your leave

5. Don't be late for your return flight. (If you experience any airline delay, *please make sure to have the airline provide you proof of your delay*)

Why? You could be considered as 'missing movement.' This is also punishable by UCMJ. This has been a huge problem in Task Force Falcon. The commanding general even recently wrote a memorandum in regards to Soldiers not getting back to the camp on time.

What should I do if my flight is delayed?

Outbound: If a Soldier is delayed leaving the AOR, the outbound and return leave dates are adjusted one day to the right in order to maximize the number of days at home. Inbound: If the delay is not the fault of the Soldier, the leave is not chargeable (flight changes due to mechanical problems, weather, etc.). Soldiers must do their best to return as soon as possible, contacting their deployed unit to let them know the status and situation. If the delay is due to Soldier error, all days prior to getting a flight back to the 64th RC are chargeable and the Soldier is punishable under the UCMJ for Missed Movement.

4. Check back into the 64th RC and wait for the bus.

Why? That way your DA 31 is correctly annotated and you get charged the right amount of days for leave.

3. Be on time for the return channel flight.

Why? If you can make it on time to chow, you can make it on time for the channel flight.

Procedures for Returning from R&R

Upon returning to the Frankfurt International Airport, get your bags and immediately catch the next available shuttle bus to the 64th RC.

Do not go to airport shops, eateries or attempt to kill time in any other way, it is important you take the first available shuttle back to the 64th RC.

Your first priority is reporting to 64th RC. After in-processing, if there is time, you may visit the shoppette, BX, commissary or eating establishments.

Ensure you inform the representative from the 64th RC in terminal 1, Hall C and Terminal 2, at the counter (near the Delta Airlines counters), that you are awaiting transportation to the 64th RC. Upon arrival back to the 64th RC, stow luggage in the green fenced-in area and immediately report to the 2nd floor office for return processing.

Do not get a room at 64th RC billeting, as you will be billeted elsewhere.

After in-processing you will be bussed to Kaiserslautern for billeting (coordinated by 64th RC). The Buses will depart 64th RC no later than 1330 hours. All processing must be completed prior to this time. If you miss this bus due to your own negligence you will be held personally accountable and are subject to processing under UCMJ.

If you are delayed upon your return due to circumstances beyond your control, you must still immediately report to the 64th RC for processing and transportation. **DO NOT acquire your own transportation to Ramstein (i.e. Taxi). The 64th RC will process and transport you.**

2. Turn in your completed leave form (DA 31) to your S-1. Why? So the Army can close the book on your paper trail. Also, keep a copy of the signed copy.

1. GO TO WORK PEACEMAKER!

Why? Because the busier you are the quicker the next few months will roll by.

Please contact your unit S1 for further guidance regarding R&R policy and execution. For more details on the Balkans R&R program, please do not contact SATO, the Balkans R&R support team at Camp Bondsteel will be able to help you out.

By Spc. Alicia Dill

A race worth running



Spc. Kimberly Gorman and Sgt. Kristy VanLanen, both of the 432nd Civil Affairs team, Task Force Falcon stretch out before the race.

Half-marathon held at Camp Espana brings KFOR Soldiers together for a competition run.

PHOTO BY SGT. MAJOR RICHARD PARK

In the year 490 B.C, a messenger ran from the village of Marathon to Athens, Greece to announce a victory over the Persians, according to The American Heritage Dictionary of the English Language.

The word marathon, also refers to a cross country foot race of 26 miles, 386 yards or 41.3 kilometers.

Combine the two meanings, and half the distance, and the solution equals one intense run.

KFOR Soldiers kept up with the ancient tradition and participated in a half marathon sponsored by Camp Espana in Multinational Brigade (Southwest). Almost 50 runners from Camps Bondsteel and Monteith competed June 12.

The run and training was an obstacle for one Soldier who participated in his first half-marathon.

"It was my first half marathon and I thought the route was challenging," said 2nd Lt. Mark Correa, Deputy Chief, Kosovo Inspectorate Kosovo Police Corps. "I think long distance running requires more training because it takes endurance to complete a half marathon."

The long distance runners ran

obstacles of hills, bumpy roads they endured heat of the sun, and each other.

Soldiers from several different countries participated in the 21 kilometer race. Following the race, complementary massages, awards and lunch greeted the participants back at Camp Espana.

"It was interesting to run with internationals because it seems like

they do a bit more long distance running than Americans," said Correa.

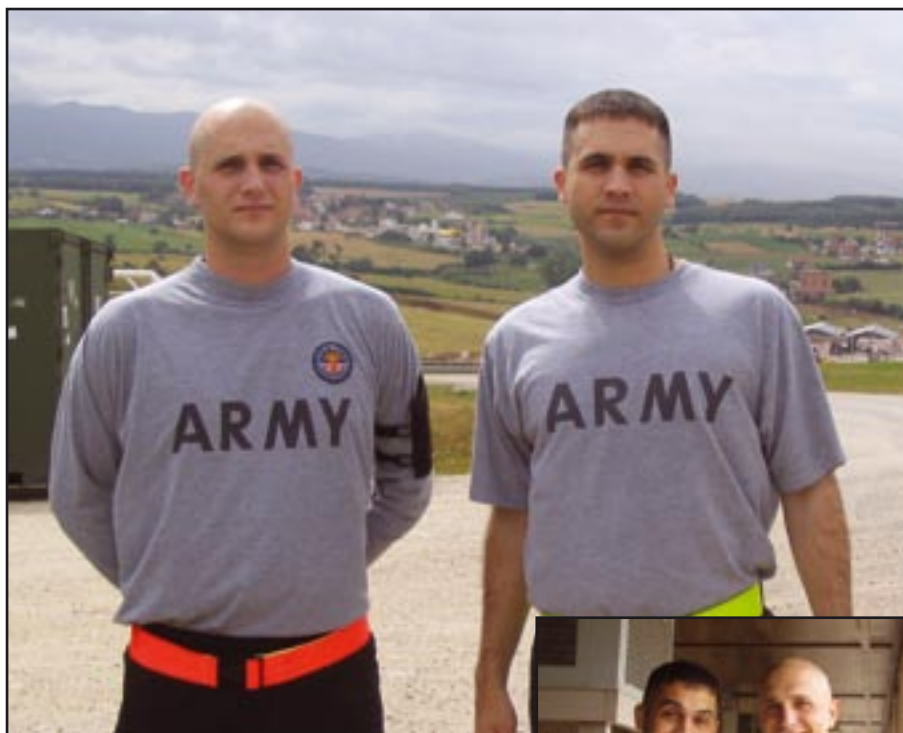
Finishing the run is a reward for some of the competitors and one reason so many choose to participate.

"Not many people run," said Correa. "Most Soldiers hate running the two miles for the physical fitness test and I feel by at least completing the half marathon sets us apart from the ordinary Soldier." ★



PHOTO COURTESY OF SGT. MAJOR RICHARD PARK

Close to 50 participants from Camps Bondsteel and Monteith come together for a group photo before the half marathon held at Camp Espana, June 12.



Kamenica who was not wearing any shoes during our Earth Day event," said Adam. "It was cold out and all of the other children had shoes. Park took the kid directly to the market and bought him a pair of shoes. I won't soon forget the smile on that kid's face when he was playing soccer in them later that day."

"One of my favorite memories was seeing the ruins of the castle in Novo Brdo," said Nathan.

From their multiple deployment experiences, the brothers give advice to Soldiers currently deployed.

"Learn as much as you can about how to do your job the right way, while you are in a relatively peaceful environment, because sooner or later you will need those skills, whether on another deployment, or simply leading Soldiers. Take full advantage of all the educational benefits you can while you are not 'distracted,'" said Adam.

"It has made the deployment better because my brother is an exceptional Soldier and he has a lot to offer our unit. His companionship has been extremely beneficial to me during times of stress," said Adam.

Whether you are related by blood,

Brothers continued from page 7

"I think duty best describes my career in the military," said Nathan.

The brothers give advice on what it feels like to be deployed away from family for a long time.

"Take as much time as you can to ensure your family is cared for; take the time to write instead of only sending emails; be understanding of their situation without you there," said Adam. "If you miss them, show them that you do in every way possible. You will only be here for a short time, so deal with it and you'll be home before you know it."

"I find the most difficult time to be away is when I'm not busy," said Nathan. "My advice is to get involved in some of the activities available here on post. Take some college courses or check some of the opportunities available at Morale Welfare, Recreation Center. Also, keep communicating, whether you are writing letters, e-mails or calling home, whenever you have the chance," said Nathan.

Keeping busy isn't a problem for the two brothers, even when one of them isn't there.

"In Kosovo I am always on duty, but I like to run, read books, watch movies, and most importantly, play Halo 2 when I am able," said Adam.

"I like to run, it's one of the things I do to relieve stress. I also enjoy reading and playing video games," said Nathan.

They will take other memories home from Kosvo other than being deployed



Sgt. 1st Class Adam Reed and brother, Sgt. Nathan Reed both with the 321st Psychological Operations Team on Camp Bondsteel do physical fitness training together often, keep each other accountable and even find time to relax and have fun.

with one another.

"Something I will remember is when Command Sgt. Major Richard Park, from Task Force Med Falcon, saw a child in Kamenicë/

by hardship, or by wearing the same uniform, the events that lead up to this brotherly bonding can last a lifetime.

Parting Shots

